

## Contact Us

### Where to find us:

268 Herbert Avenue,  
Parkstone, Poole, BH12 4HY  
United Kingdom

Tel: 01202 730307  
Fax: 01202 738998

Email: [info@poolebayosteopaths.co.uk](mailto:info@poolebayosteopaths.co.uk)  
How to find us: [CLICK FOR MAP](#) (courtesy of [streetmap.co.uk](http://streetmap.co.uk))

### Directions

From Poole: Follow signs for Tower Parks Leisure Centre on the brown road signs &ndash; this will take you towards the Ringwood Road going out of Poole. Once you can see the water tower you know you are close! Pass Halfords on your right until you reach a double mini roundabout next to &ldquo;Horizon&rdquo; Honda Garage &ndash; Turn right into Herbert Avenue and we are 100 metres on the right, behind the GP surgery and opposite the speed camera!

From Ringwood and Ferndown: Follow the Ringwood Road in the direction of Poole, keeping straight on this road, passing B&Q, the main Dorchester by-pass and Alderney Hospital on your right. You will eventually come to the double mini roundabout next to &ldquo;Horizon&rdquo; Honda Garage &ndash; Turn left into Herbert Avenue and we are 100 metres on the right, behind the GP surgery and opposite the speed cameras.

From Bournemouth: Take the road to Poole until you reach the double roundabout by Redlands retail park with Homebase on corner. Take the 3rd exit out of the second roundabout. This is Alder Road. Go up the hill and at top turn left at the traffic lights into Herbert Avenue. This is a very long road! Go almost to the end, through several sets of lights past the school. Once you reach the Community centre on your right you are almost there! Turn into the GP surgery on your left, opposite the speed camera.

Parking: there is parking at the back of the surgery. If this is full, do not park on limited timed parking on Herbert Avenue. There is free parking in the road at the side of the community centre on the other side of the road.